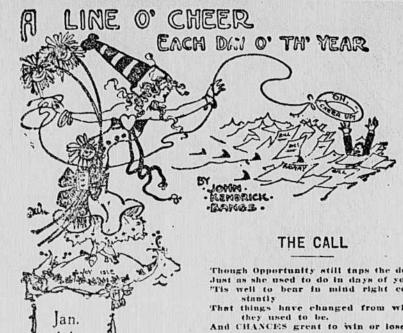
## Interest to Every Woman



Brenkfast.

Bacon and Eggs

Luncheon

Vegetable Soup

Dinner.

Bedtime-A cup of tea or a tumbler

No article of food that is not men-

As to the best mineral water for each individual case, it is well to have medical advice. This is a stimulating diet as free as possible from fat-form-ing materials. But it should not be

continued for more than a month

Exercise a Necessity. Exercise is the second measure. This

must be more or less violent. For strong people mountain climbing is admirable. For others Swedish exercises are to be preferred. The subject is too large to deal with here, but it may be said that for abdominal fat it is necessary to perform exercises designed to strengthen the abdominal muscles. Gentle walking has no value.

It should be understood that increase

of fat may be due to anaemia; it may follow typhold fever or may be asso-clated with gout or arise from the use of alcohol. Such cases require special treatment by a doctor.

How to Make Your

Hair Beautiful

tioned here can be taken.

without medical advice.

Buttered Toast

Baked Potatoes

Biscuits

Hominy

Hamburg Steak

DO YOU HAPPEN

TO BE TOO FAT

There are people who do not cat too much, who de not even eat enough. and yet have a tendency to store up in the form of fat the food which should Baked Apples with Cream be turned to account in producing energy. This tendency is hereditary. More than half the fat people are fat because the character runs in the fam-

They cannot help it, but they can

after the age of thirty-five they must be taken only with the approval of the doctor. Turkish baths are also Bedtime—A cup of the or a tamble. useful, but here again it is well to have of mineral water as before.

We getables Allowed—Spinich, aspar-

medical advice.

Vegetables Allowed—Spinich, asparSuppose, however, a person is arSuppose, however, a person is arrived at the threatening age and is actually fat, what can she do?

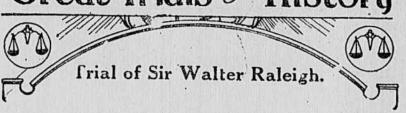
It should be remembered that a fat radishes, lettuce, cucumber, mustard

It should be remembered that a rat person is often a weak person, and in certain cases the heart may be very weak. Judicrour treatment is therefore required. Indeed what a fat person needs is stimulation of the energies. The first measure is to regulate the diet, and as every one knows, there are many diet systems to choose from.

A SEPARATE BLOUSE.



Great Trials of History



Though Opportunity still taps the door Just as she used to do in days of yore. Tis well to bear in mind right constantly

That things have changed from what they used to be.

And CHANCES great to win or lose a throne.

May drop the KNOCKER for the TELE-PHONE.

Hence, door or telephone, be nothing loth

To keep an open eye and car on both.

MENU

MENU ed by the judges that the sentence of death pronounced in 1603 was still valid, he was executed in the palace yard

In the degree by appropriate measures. Causes Numerous.

Causes Numerous.

Each Causes Numerous.

Baked Sweet Potatoes of the singular control of the local property of the singular control of the local prop

When Sir death prenounced in 1663 was still valid, he was executed in the palace yard at Wastminster on October 29, 1618.

When Raieigh was arraigned for trial in 1663, the indictment read against him was that "he did conspire and go about to deprive the King of his government; to raise up sedition within the realm; to alter religion; to bring in the Roman superstition, and to procure foreign enemies to invade the kingdom."

Left to His Majesty's mercy he thought him too great a malcontent to have his freedom and probably too innocent to lose his life. He was, therefore, confined to the Tower and was permitted to enjoy the liberty of custody, and he employed his time in obtaining and science of various kinds. It was while thus confined that he produced his remarkable "History of the World."

As the Spanish demanded his punleft to His Majesty's mercy he thought



Fur, chiffon and satin are combined in this charming dress for dancing.

GETTING ALONG WITHOUT ICE from tramps, a padlock might be used.

BY FRANCES MARSHALL.

The Miniter's Home Freedment Works when Palling Hard, Helder has she preduced a single to nothing—In some case to ordinate to find the state of the sill, painted dark green or the country and Plainty.

Butter than all the so-called "hard feeling at all Fore and the preduced and the state of the sill, painted dark green or the possible of the sill, painted dark green or the possible of the sill, painted dark green or the possible of the sill, painted dark green or the possible of the sill, painted dark green or the possible of the sill, painted dark green or the possible of the sill, painted dark green or the possible of the sill, painted dark green or the possible of the sill, painted dark green or the possible of the sill, painted dark green or the possible of the sill painted and there are the possible of the sill possible to get along without much to the control of the possible of the sill, painted dark green or the possible of the sill possible to get along without much to the possible of the sill possible to get along without much to the possible of the sill possible to get along without much to the possible of the sill possible to get along without much to the possible of the sill possible to get along without much to the possible of the sill painted and the possible of the sill painted and there are the possible of the sill painted and the sill possible to get along without much to the sill possible to get along without much to the possible of the sill painted and the possible to the sill painted and the possible of the sill painted

In the City.

In the city the window-bex must be the winter, the ice bill can be reduced or, and painted an inconspicuous colalmost to nothing—in some cases to or. But a low, flat box, just the size

New Indian Animal Stories Why the Birds Sing in the Springtime.

By John M. Oskison.

Long time ago there was a thing themselves. They just circled round which made the little Indian boys and and round as the water came up and hid the mountaintops.

"Up and µp went the water, until it

girls wonder: Why did the birds sing so much in the springtime? Why didn't they sing just as much in the summer or in the autumn or the winter?

One day a little girl went on asking this question of her mother until her mother called to her own very old grandfather to come and satisfy the little one's curiosity.

"If you don't tell this tiny one why the birds sing in springtime, I shall have no sleep this night!" said the mother. So, the little one's greatgrandfather led her slowly to a seat in the shade of a tree beside the wide river; and then he said to her:

"In the days before even I can remember—even before my great-grandfather was a little one like you, oh! long before that—there came on the earth a great flood. Out of the East the water came creeping and creeping; it rolled over the hills and filled up the valleys; it rose high up on the mountainsides.

"Of course, all the people and all of the woodpecker let go his hold on the

the valleys; it rose high up on the mountainsides.

"Of course, all the people and all of the animals had to leave the valleys and the lower hills, so that, after awhile, they were gathered on the tops of the highest peaks. And when they were all together there, the Great Buzzard told this to the sky long enurse to sing. Even the woodpecker let go his hold on the sky long enough to sing.

"Sure enough, as the birds sang, the water fell lower and lower; and after the sun had gone down and come up sixty times, the mountains and the high plains were uncovered, and the water was only in the rivers and in the very low places—as you see it to-day.

"Ever since that time when the rains begin to fall in the early spring-time, and when the snows begin to so the people began to build for themselves canoes to carry them on the top of the flood.

"Now, the birds could fly, and so they didn't need to build canoes for

DAME FASHION SAYS

in balls and roll in cracker crumbs, very fine. Fry in deep, hot fat.

RING FOR THEIR DINNER

Panned squash is worth trying. To Panned squash is worth trying. To make it boil a squash, cut into squares about three inches across, for twenty minutes. Drain these thoroughly and put a layer in the bottom of a baking dish. Sprinkle the layer with sugar and dots of butter. Fut in another layer of squash, and more butter and sugar and fill the dish with alternate layers of squash and seasoning. Pour half a cupful of warm water over the whole and cover the dish securely. A casserole is a satisfactory dish to use. Cook the squash in a moderate oven for an hour. When it is done the squash should be almost transparent and very tender.

Squash muffins are delicious and they can be made from cold, left-over Pet Swans Continue Practice Taught make it boil a squash, cut into squares

Squash muffins are delicious and they can be made from cold, left-over squash. To make them use two-thirds of a cupful of cooked squash with a quarter of a cupful of sugar. Beat an egg until it is frothy and add it to the other ingredients. Mix three teaspoonful of salt with two and two-thirds cupfuls of ficur and sift. Add to the squash mixture and beat thoroughly. Then add two tablespoonfuls of melted butter and put in muith rings. Itake in a mederately hot oven for twenty-five minutes.

bell is sustained, with a cord attached. One afternoon about 5 o'clock, while watching the movements of the various birds in the water, the correspondent heard the ringing of a bell, and, on looking to see whence the sound came, he observed that one of the swans was vigorously pulling the cord, evidently to attract attention. As no immediate notice was taken of its efforts, the impattent bird continued to ring the bell violently until there appeared at the window of the tower the wife of the gatekeeper, who threw a quantity of food to the expectant water fewl.

Squash can be cooked somewhat in spondent was told that a number of Squash can be cooked somewhat in the manner of eggplant. Slice it in slices half an inch thick and cut each slice in four pieces. Parboil them gently until they are slightly softened. Then dip each piece in beaten eggs and fine cracker crumbs and fry brown in shallow hot fat.

Very good are the blouses of thinnest French batiste, hand embroidered and lined with pink chiffon.

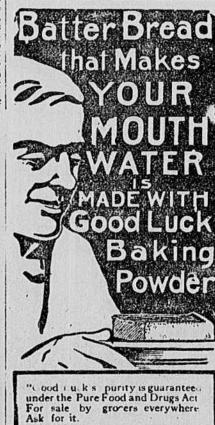
Spondent was told that a number of years ago a daughter of the Bishop of Wells, being much interested in the birds inhabiting the moat, taught the swans to ring the bell at feeding time, at 5 o'clock in the afternoon. This practice has been continued by successive families of swans down to the present day and it would seem, therefore, as if the birds transmitted to their offspring th, knowledge that when the cord was pulled the bell would ring

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ANOTHER HANDBAG.

This is of white brocaded satin, with a medallion top.





The Southern Mfg. Co. Richmond. Va.